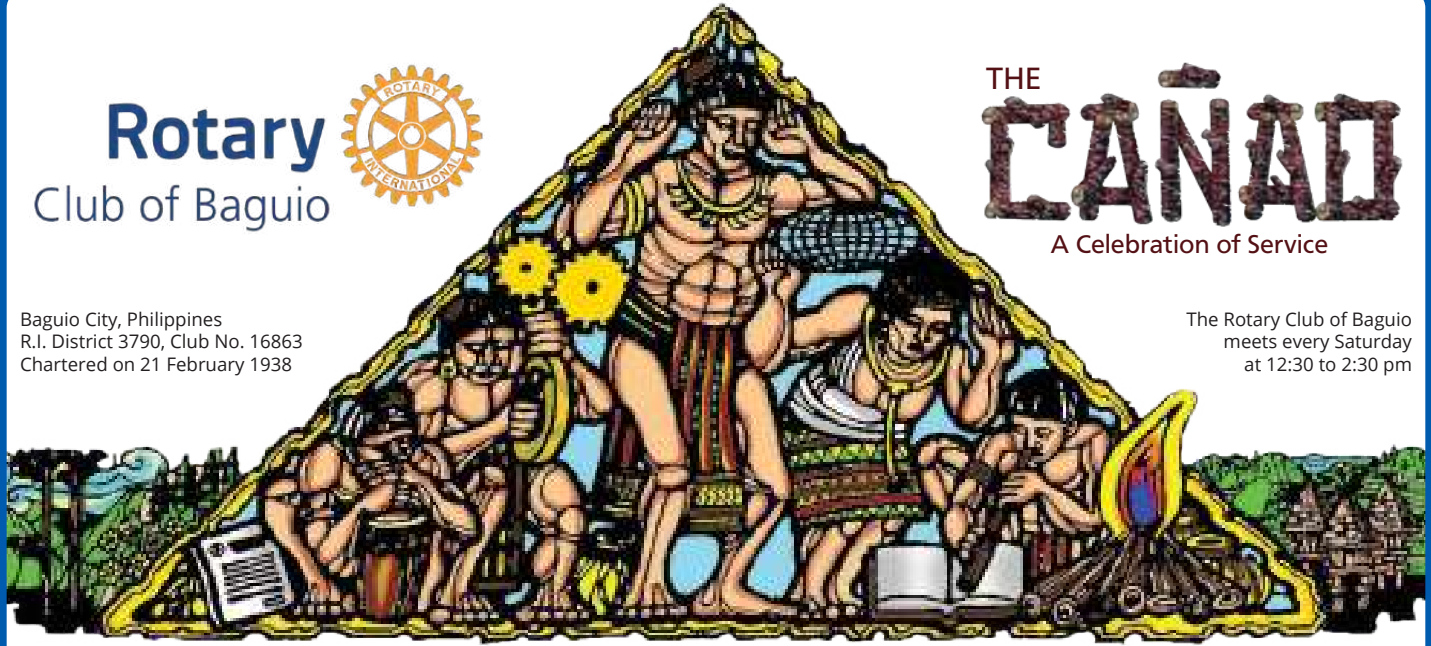




Baguio City, Philippines  
R.I. District 3790, Club No. 16863  
Chartered on 21 February 1938

The Rotary Club of Baguio  
meets every Saturday  
at 12:30 to 2:30 pm



**OFFICIAL CLUB BULLETIN**

**Volume LXXIV Issue 12**

**02 OCTOBER 2021**

**PROGRAMME**

**Blended Program**  
02 October 2021

- 12:30 PM Fellowship
- 1:00 Call to Order ..... Pres Arnel Cabanisas
- Invocation ..... Rtn Susan Villanueva
- Pambansang Awit
- Rotary Hymn
- 4 Way Test
- 1:20 Introduction of Visiting Rotarians & Guests  
... IPP Atom Mendalla
- Entertainment ..... PP Lito Pangilinan
- Raffle ..... Rtn Susan Villanueva
- 1:40 Member's Time
- 1:50 President's Time
- 1:55 Intro of GHS ..... PP Lani Fabi  
"Regional Economic Situationer (RES) and  
the role of private sector in CAR"  
... Ms. Zenia Alalag
- Response ..... Dir Jody Alabanza
- 2:20 RCB Hymn
- Pilipinas Kong Mahal
- 2:25 Adjournment ..... Pres Arnel Cabanisas

**IPP Atom Mendalla**  
Program Coordinator

**CONTENTS AT A GLANCE**

- President's Message ..... 2
- Club Speaker's Profile ..... 3



Club Speaker

**Zenia  
ALALAG**

**Economic Development  
Specialist 1 (NEDA-CAR)**

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**COMMUNITY ECONOMIC DEVELOPMENT MONTH**

# PRESIDENT'S MESSAGE

## ROTARY INTERNATIONAL

**Shekhar Mehra**  
Rotary International President



**Pres Arnel Cabanisas**

**President**  
Rotary Club of Baguio

## DISTRICT GOVERNOR

**Willie L. Serafica**  
District Governor

**Pancracio "Panding" Nisce**  
Vice Governor

**Rommel Alcidi**  
Assistant Governor

## RCB BOARD

**Pres Arnel Cabanisas**  
President

**VP/PE Ali Morales**  
Director

**Sec/EIC Cora Ocampo**  
Director

**Dir Mariver Agayas**  
Director

**Dir Reymund Barrios**  
Director

**Dir Tonton Tan**  
Director

**Dir Libby Fernandez**  
Director

**Dir Joe Ursua**  
Director

**Dir Glen Flores**  
Director

**Dir Jody Alabanza**  
Director

**IPP Atom Mendalla**  
Immediate Past President

**PP/PAG Gigi Maranan**  
Adviser

**W**arm greetings my fellow Rotarians and Rotary family! One quarter has gone through so fast and we are now in October 2021, which is the Community Economic Development Month.

Let us start the month by welcoming our third group – **Team V9 Squad** headed by our ever Vibrant and 'Veeh'autiful team leader, PP Veeh Balajo, with team members, Dir Jody Alabanza, PP Gerard Audineau, PP Lani Fabi, PP Chris Faelnar, IPP Atom Mendalla, PP Lito Pangilinan and Rtn Susan Villanueva. We will be seeing Team V9 Squad in action for the next 5 weeks as they take charge of the weekly meetings for October. I'm already looking forward to the Featured Rotarian for this month!

Last week, our Featured Rotarian was PP Benny Sunga. Thank you, PP Benny, for bringing us to another trip down the memory lane in our Club History and for noting the key events, projects, and fellow Rotarians during the presentation. This rich history is important for the newer Rotarians like myself (and as Sec Cora says "the young generation") for us to have a much deeper understanding and appreciation for the members, projects, accomplishments and take away the best practices of our club. Perhaps we can still be the "Singing Club"! Let me note that we do have our very own dancing divas as well!! Thank you PP Benny especially on your parting advice and emphasis on the importance of Membership & Retention which we really do have to focus on too.

As it is the Community Economic Development Month, our resource speaker for this week will be from the National Economic and Development Authority – Cordillera Administrative Region (NEDA-CAR). Dir Jody Alabanza even dropped by twice yesterday to check on this. So join us in today's blended meeting!

Lastly, just a reminder on our upcoming activities for October:

- 16 October 2021 (Saturday) – Public Image Seminar via ZOOM
- 18 October 2021 (Monday) – Zone 10A Summit with the Rotary International Senior Leaders for Polio
- 24 October 2021 (Sunday) – World Polio Day activity

Our city's GCQ status with heightened restrictions was extended until 15 October 2021. While we patiently wait for better days, despite whatever fears, anxieties, challenges and uncertainties we have, let us remember that these too shall pass and by the grace of God, we will overcome. We may not be able to control the situation for now but at the end of the day, we can control ourselves - our thoughts, our actions, and our choices. As Rotarians, let us rise above these challenging times, and together, hold on and serve to change lives.

Be safe and stay safe, my fellow Rotarians. God bless and have a great week ahead!

# CLUB SPEAKER'S PROFILE



## Zenia Cardiogan Alalag

Economic Development Specialist 1  
NEDA-CAR

### Work Experience

- **Economic Development Specialist 1**, National Economic and Development Authority-CAR, October 2019 to present
- **Program Staff (Assistant Team Leader)**, National Economic and Development Authority-CAR, January 2019 to September 2019
- **Program Staff**, National Economic and Development Authority-CAR, March 2017 to December 2018
- **Program Assistant**, National Economic and Development Authority-CAR, August 2015 to March 2017
- **Government Intern**, Local Government Unit-Sagada, Baguio City, May 2015 to July 2015

### Educational Background

- **Master in Public Administration**, Benguet State University, Baguio City, 2016 to 2018
- **Bachelor of Laws**, Saint Louis University, Baguio City, 2015
- **Bachelor of Science in Business Administration Major in Business Economics**, Saint Louis University, Baguio City, 2010 to 2018

### Other Information

- **Microsoft Office Tools (Word, Excel and PPT)**, CERTIFICATE OF COMMENDATION from NEDA-CAR for SPCAR work
- **Adobe Photoshop (Basic Layout and Graphic Design)**, CITATION from NEDA-CAR for serving as one of the coaches for the 2019 LIRSCO
- **Basic Statistics**, CITATION from NEDA-CAR for secretariat work rendered to the ARC OLDC members

### Civil Service Eligibility

- **Environmental Planner**, Baguio City, 2019
- **CSC Prof. 2nd level**, Baguio City, 2014

### L&D Interventions / Training Programs

- Regional Consultation on the Cordillera RDP 2017-2022 Midterm Update
- Training on Data Storytelling and Infographics
- Refresher Course on ISO 9001:2015
- Training on RA 9184
- Regional Symposium on Sustainable Development Goals (Agenda 2030): Self-Determined Development in the Cordillera
- Economic and Financial Literacy Forum
- Staff Development on Data Privacy Act
- Training on Research Design
- Orientation on Completed Staff Work (CSW)
- Capacity Building on Data Presentation Using MS Excel
- Staff Development on NEDA Writing and Style
- Regional Education Summit
- Legislative Processes and Advocacy Workshop
- ISO 9001:2015 Training-Workshop
- 1st International Forum on Innovations for Indigenous Peoples' Empowerment and Social Transformation
- NEDA Staff Development on News Writing
- Quality Management System Documentation Based on ISO 9001:2015
- CARE Seminar on Political Awareness and Public Communication
- First North-South Consultations on Policy and Practice of Autonomy in the ARMM and the Cordillera
- Federalism for the Philippines: The Next Step Ahead
- Forum on Fiscal Autonomy: Overview and Concepts within the Framework of the Bangsamoro and the Cordillera Region
- Echo-Lecture on Statistics and Statistical Software, and New Features of MS 2016
- Echo-Lecture on Federalism and Sharing on Civil Service Updates
- Transition to ISO 9001:2015 with Introduction to ISO 31000:2009 Risk Management
- Echo-Lecture on Administrative-Financial Officers Conference and Related Trainings cum Earthquake Orientation and Evacuation Drill
- Training on Lobbying and Alliance Building
- Cordillera Stakeholders Conference on Autonomy and Federalism
- Seminar-Workshop on Preparing Resolution and Influencing Legislative Processes
- NEDA Forum on Regional Spatial and Socio-Economic Planning: Strengthening Roles and Sustaining Networks
- Orientation on Migration and Development for CAR
- National Conference: A National Step towards an Autonomous Cordillera
- Seminar on Government Procurement Reform Act (RA 9184) and its Revised Implementing Rules and Regulations
- Echo-Lecture on Self Mastery, Knowing the Hazards and Communicating Climate Change Adaptation and Mitigation Measures, Disaster Preparedness, Rapid Earthquake Damage Assessment System, Population, Health, Environment, Research and Innovation on Health for Disaster and Emergency Health Management
- Moral Recovery Program
- Economic Outlook 2013: Economic Outlook in the Private and Public Sector's Viewpoint
- Survey for the Impact of Information on Youth Voting

# SECRETARY'S REPORT



**Sec Cora Ocampo**

**Secretary**  
Rotary Club of Baguio

## Birthday

27 September – PP Raffy Chan

## Upcoming Events and Activities

16 October – PUBLIC IMAGE

18 October – Zone 10 Polio Summit 2021

26, 27 and 28 November – Experience Only the BEST, Presidential Conference Manila

LISTED PARTICIPANTS: Pres. Arnel, Sec. Cora, Treas./VP Ali, Dir. Joe, Dir. Vell, PP Aneth, PDG Linda, PP Chris F, PP Alfred, Rtn. Susan and PP Baby

## Attendance Update as of 25 September 2021

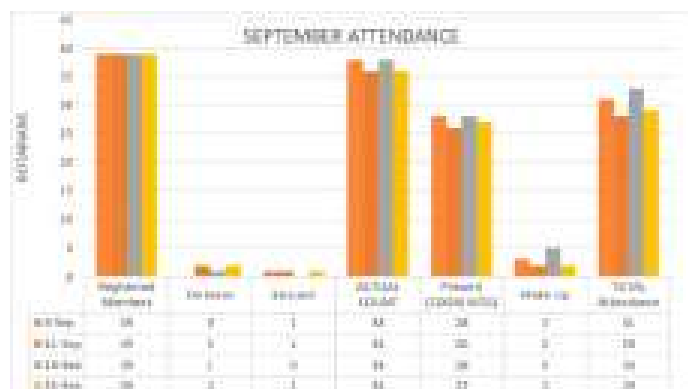
WE WISH FOR YOUR PRESENCE NEXT TIME

Rtn. Nancy Alabanza, PP Gerard Audineau (ol), PP Marilyn Barredo, PP Ricardo Bondoc Jr., PP Lani Fabi, PP Cy Fagar, Dir. Glen Flores (ol), PP Ben Ladilad, PP Chirs Peralta, Rtn. JM Ty (mu) and PDG Linda Winter (mu)

SPECIAL GUESTS

RA Edith Cabanisas and RotaKid Vanessa Cabanisas

## Statistics



For 25 September, our HOME ATTENDANCE is 75% while our TOTAL ATTENDANCE is 80.56%.

For the month of SEPTEMBER 2021, the average home attendance is 73.65% and the average total attendance is 81.69% which is higher than the last month's averages.

The club meeting was done thru "blended" strategy, a choice of a "face to face" in Abong or via ZOOM

## Highlights of the Meeting

1. The club meeting was presided by Pres. Arnel at exactly 1:00 PM

2. PARTS of THE PROGRAM:

**PROGRAM COORDINATOR: PP Baby (TEAM BRIA)**

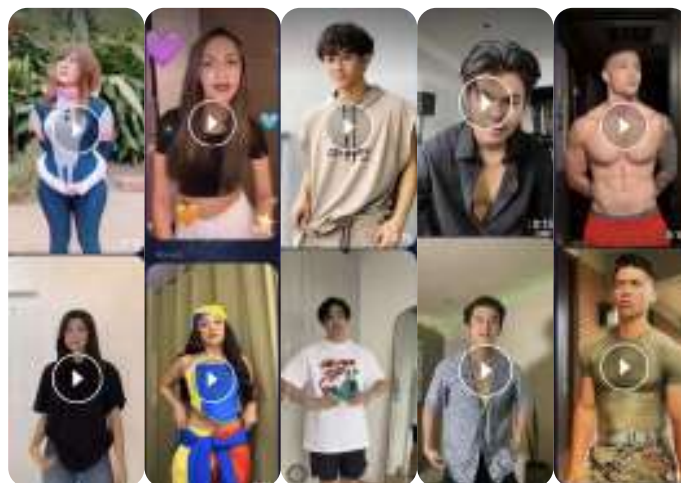
A. The invocation was led by Rtn. Lily, praying for blessings and prayer asking for enlightenment on how to excel at work, praying for wisdom to help one another and to do good things always.

B. The singing of the Pambansang Awit, Rotary Hymn and the 4-Way Test.

C. PP Baby for the last time called the members of team BRIA and thank each everyone for the great participation and also the contribution to make the month's program a success.

D. Entertainment

- A "guess who is dancing?" made everyone think who can be in that video. It was a different kind of game that made everyone laugh because the faces in the video really matched the faces of Team BRIA. Okay, here were the videos (converted to pictures) and maybe we can look at it one more time and validate our answers last time.



- Who among the members of TEAM BRIA matched with the faces presented and I believe they also dance as good as their matches in the video 😊.

# SECRETARY'S REPORT

## Highlights of the Meeting

### E. Raffle Time

- One of the most awaited event of the day was the raffle time prepared by PP Raffy and Dir. Vel of TEAM BRIA. The team included their names in the fish bowl this time.
- Winners are as follows: Sec. Cora, Dir. Rey, Dir. Joe, PP Bert, Jessica(Abong), Pres. Arnel, PP Benny, Dir. Ton, PP Lito and the grand prize winner PP Alfred.

### F. During the Member's Time

- None

### G. During President's Time: Pres. Arnel greeted everyone and greeted Happy Birthday to PP Raffy.

He also reported / announced the following:

- The DEAR project will be implemented soon and the assigned officer to take charge with the project will be PP Raffy as the Digital Transformation Officer.
- Last 18 September, PDG Linda awarded the partners (Police), our also way of thanking them in helping complete our project "A Park to Remember".
- Last 19 September - TRISEM EVENT hosted by RC Dau and RC Laoag
- Last 21 September – virtual fellowship with sister club RC Bukit Bintang and another meeting/fellowship on 16 November 2021. Pres. Arnel also invite the club to participate in contest called Rotary Happy Family.
- Reminded the club about the upcoming activities, 16 October for the Public Image and 18 October will be the Polio Summit 2021.

### H. FEATURED ROTARIAN: PP Benny Sunga

PP Benny started telling a story about his humble beginnings and how he was persuaded to join the Rotary Club of Baguio. Below is a brief information about our featured ROTARIAN for the month.

#### **BENITO V. SUNGA, M.D.,FPUA, FPCS**

Parents: Jose N. Sunga, M.D. & Rosario Vengco-Sunga, M.D. (UST Class'40)

Spouse: Lily Munsayac-Sunga, DMD

Children:

Anthony Fernand, BS Bio, BSN, R.N. MBA

Marie Cristabel, BSMT, M.D., PCOM

Kristine Noelle, BS Bio, M.D., PCOM

Marie Janine, BS Bio, MBA, MAIS

#### **Educational Background:**

San Sebastian College: Elementary & HighSchool  
University of Santo Tomas : Bachelor of Science & Doctor of Medicine (Class'72-Clerks)

#### **Training:**

Internship : Dr. Jose Reyes Memorial Hospital

Residency : Veterans Memorial Medical Center (Urology)

Masters in Hospital Administration (candidate) :Ate-neo Graduate School of Business FPCS; Masters in Religious Studies (Candidate)SLU;

#### **Past Positions Held:**

- President : UST Medicine Student Council
- President : Philippine Medical Students Association
- President : Veterans Memorial Medical Center Residents Organization
- President : Baguio-Benguet Medical Society
- Governor : Philippine Medical Association (North-western Luzon)
- Hospital Administrator: St. Louis University- Hospital of the Sacred Heart
- Chairman: Department of Surgery, SLU College of Medicine
- Chairman: SLU Hospital Bioethics Committee since 1992
- President : Rotary Club of Baguio
- VP for Luzon: Catholic Physicians Guild
- President : SLU Parish Pastoral Council Coordinator:
- Extraordinary Ministers of Holy Communion; SLU Parish
- Chairman: Recollection/Seminar Committee, Extraordinary Minister of Holy Communion, Our
- Lady of the Atonement (Baguio) Cathedral
- President : Medical Missions Group (MMGHH-SCP) Cooperative-Baguio Chapter
- Chairman: Assumption Medical Diagnostic Center Inc.
- Full-Professor : SLU- College of Medicine

# SECRETARY'S REPORT

## Highlights of the Meeting

### Present Position:

- Urologist : SLU-Hospital of the Sacred Heart, Baguio City, since 1978
- President: Philippine Urological Association-Northern Luzon Chapter
- Chairman: Assumption Medical Diagnostic Center Inc.
- Chief Executive Officer: MMGHHS Cooperative of the Philippines – Baguio Benguet Chapter
- President : Catholic Physicians Guild of the Philippines, Baguio Chapter
- Member: Extraordinary Ministers of Holy Communion; SLU Parish & Our Lady of the Atonement (Baguio) Cathedral
- President: Doctors for Life Philippines
- Director: Commission on Health Care, Diocese of Baguio
- Host: Payong Medico Mula sa Eksperto (DZWT)

PP Benny also is one of the pioneer member of the RCB Chorale who also became the lead member to train and manage the group. He highlighted the contributions of the chorale to the club back then, the chorale created a wonderful bond among members and made beautiful music to entertain not only the RCB members but also the people of Baguio.

PP Benny showed pictures of the past, the times when he was the president of the club and how the members would handle meetings, the dress code, the dignified speakers of the club and how the club was managed before.

Membership is one important aspect that makes the club successful, this is what I learned from PP Benny Sunga

His accomplishments as President,



### RESPONSE

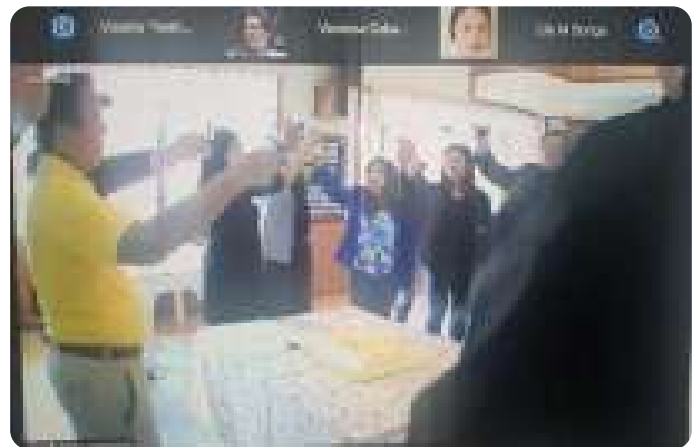
President Arnel responded by giving a token for being the featured Rotarian for the month of September.

### I. JULY to SEPTEMBER CELEBRANTS

- TEAM BRIA prepared a great celebration for the birthday celebrants from July to September.



- Team BRIA prepared a "character list" of the birthday celebrants and everyone joined the celebration with a wine toast.



- PP Raffy responded and thanked the club for making the first quarter a memorable one. He also expressed his gratitude to President Arnel.

### J. FINALE

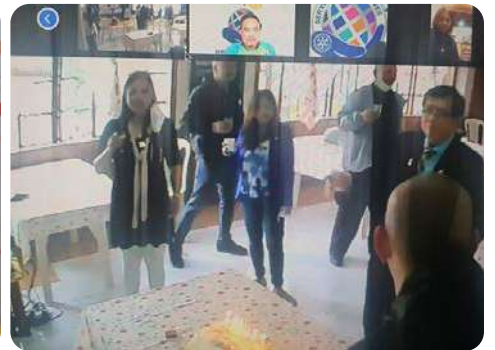
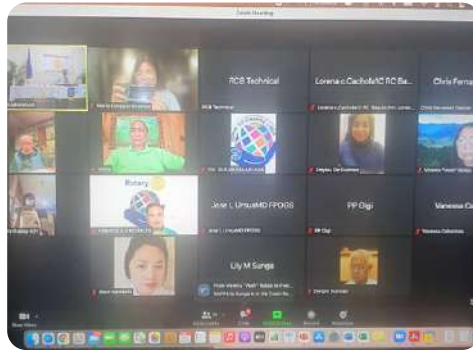
- After the singing of Pilipinas Kong Mahal and RCB Hymn.
- President Arnel thanked everyone for another fun and exciting day and also thanked TEAM BRIA for preparing the food and prizes that made the day more exciting.

**MEETING ADJOURNED: 3:15 PM**

# SCENES WE LIKE TO SEE

Blended Meeting

25 September 2021



# FEATURED EVENTS

## Red Fortune planting in Brgy. M. Roxas

The usual committed Senior Citizens of Brgy M Roxas transplanted some Red Fortune plants





## FEATURED EVENTS

Scheduling of Oath Taking for RCC Belong Daclan

23 September 2021

Visited RCC Belong Daclan for scheduling their oath taking for their new set of officers.



## ROTARY INTERNATIONAL PAGE

### RI President-elect Jennifer Jones announces Rotary's \$97 million pledge for sustainable projects

<https://www.rotary.org/en/ri-president-elect-jennifer-jones-announces-rotarys-97-million-pledge-for-sustainable-projects-during-global-citizen-live>

by Ryan Hyland

*The star-studded global event rallied people to take action on some of the world's most urgent problems*



*RI President-elect Jennifer Jones, right, announces Rotary's \$97 million pledge for sustainable projects during the Global Citizen Live event on 25 September in Paris, France. She's joined on stage with British actress Carmen Ejogo.*

Rotary International President-elect Jennifer Jones took the stage at the Global Citizen Live concert on 25 September in Paris, France, and pledged \$97 million in grant funding from the organization next year for sustainable, Rotary club-led projects.

[Global Citizen Live](#), a 24-hour broadcast with events and performances across six continents, aimed to unite people to take action to defend the planet, end the COVID-19 pandemic, defeat poverty, provide education for all children, and promote equity and justice for all. Some of the world's top artists, celebrities, activists, and government leaders participated in this year's event to raise awareness and support in cities including Paris; Lagos, Nigeria; London, UK; Los Angeles, USA; New York City, USA; Rio de Janeiro, Brazil; Seoul, Korea; and Sydney, Australia.

In Paris, where Jones pledged Rotary's support, thousands of people gathered at the iconic Champ de Mars near the Eiffel Tower to see performances from Elton John, Ed Sheeran, Black Eyed Peas, Christine and the Queens, Doja Cat, Angélique

Kidjo, and more. Other leaders pledging support included European Commission President Ursula von der Leyen, French President Emmanuel Macron, and Paris Mayor Anne Hidalgo.

"Every day millions of girls walk miles to fetch clean water, and millions of boys are on the streets instead of going to school. Every day moms and dads struggle to find ways to feed their children," Jones said from the main stage in Paris. "And every day, members of Rotary and Global Citizen start our days knowing that we can make a difference."

"This year we're putting a special focus on empowering girls worldwide, opening doors for young women to build brighter futures," Jones said. "Today Rotary is committed to helping end poverty globally and protecting the planet by pledging \$97 million in grant funding during 2022 for sustainable, member-led projects."

She added: "We stand together with Global Citizen as people of purpose, people of action."

Read more quotes and pledges from world leaders during the event.

Rotary has worked with Global Citizen for a more than decade, primarily regarding the effort to eradicate polio worldwide. At the 2012 Global Citizen event in New York City, Rotary General Secretary John Hewko and celebrity ambassador Archie Panjabi announced Rotary's \$75 million commitment to polio eradication. Rotary and Global Citizen have also connected at Rotary International Conventions, the Commonwealth Heads of Governments Meetings, polio advocacy events, and polio funding announcements.

In total, more than \$1.1 billion in commitments, 157 million trees to be planted, and 60 million doses of COVID-19 vaccines to be donated to developing countries were announced in conjunction with the 25 September event.

Read more quotes and pledges from world leaders during the event from <https://www.global-citizen.org/en/content/global-citizen-live-world-leader-quotes-videos/>.

## EDITOR-IN-CHIEF'S PAGE



### EIC Cora Ocampo

Editor-in-Chief  
Rotary Club of Baguio

## Smile and celebrate the small wins in DEI

<https://blog.rotary.org/2021/09/24/smile-and-celebrate-the-small-wins-in-dei/>

*Editor's Note: In September 2020, Rotary formed a task force charged with assessing the current status of diversity, equity, and inclusion (DEI) in Rotary and shaping a comprehensive action plan to help us further value and live those principles throughout the organization. This is the third in a series of blog posts from DEI Task Force members reflecting on their work on the committee and why it is critical for the organization.*



Dr. "Bowtie" Todd Jenkins serves as a Global Diversity, Equity, and Inclusion Leader at a Fortune 100 company in Corporate America and as an Executive Inclusion Trainer, Strategist, and Speaker with [Bowtie Leadership, Inc.](#) Todd is a member of the Rotary Club of Fayetteville, Arkansas; and has served as a Rotaract Advisor, Interact Sponsor, RYLA presenter, and Youth Services Chair. He is currently one of the youngest Youth Exchange District chairs in Rotary. Rotary. [Read his full bio.](#)

**Q: You have worked with companies like Walmart, Google, Facebook, American Airlines and Kellogg's. What can Rotary learn from these companies in regard to DEI?**

Dr. Jenkins: There is no one right way or one size fits all to DEI work. As individuals and as an organization, we must understand that we are all on a journey. What I will say about these big companies is they have done a great job understanding the business case for DEI—the most-diverse companies are more likely than ever to outperform less-diverse peers. They are taking business risks that reflect their commitment to DEI and are not waiting for a government to regulate what they already know are the right steps to take. They are using their power for good, to activate communities and amplify diverse voices. Rotary must use its network and connections to continue to activate an inclusive growth mindset and be something the world hasn't seen before, one where inclusion is at the core of everything we think, say or do. It is going to be rewarding, exciting, and even scary – but we can do it. Diversity and inclusion are essential to our impact today and the future – of Rotary and the next-generation leaders.

**Q: You speak to clubs and districts all over the Rotary world—are there frequent questions you hear, and how do you address them?**

Dr. Jenkins: There are certainly some common themes, and we spent a lot of time outlining solutions in the [Accountability + Inclusion webinar series](#) over the past Rotary year.

1) Where do we start? This is a great first question to ask. It is vital to assess your community, where you are at and understand where you wish to go. Then most importantly, build a plan to get there and live out your plan in behaviors and actions. Here is a [great resource](#) to get you started.

2) How do we connect with diverse communities? This one should be so easy for Rotary because it is all about building relationships—authentic relationships! Get to know people who are different from you and partner with marginalized communities through service projects or meaningful events. Ask brave questions to learn about how their experiences are different from yours, build bridges that connect them with Rotary and vice versa.

3) How do we get buy-in? This is where it is so important to make sure that DEI efforts extend to all activities and involve everyone. It should not exist in a vacuum or as a one-time effort. Make sure there is a commitment to the work at the highest levels of the club and district, and if you can make sure all the goals have measurable results!

**Q: What is the most challenging thing for people to understand about DEI work?**

Dr. Jenkins: There are two things. One is that a club can be diverse without being inclusive, and that is a real risk if inclusion is not a priority. Inclusion efforts must be at the center of our values and actions. The second is understanding the difference between equality and equity, and why we focus on equity. Equality is giving everyone, regardless of circumstance, the same access, and opportunities. Equity compels us to remove the structural barriers that exist for people to access opportunity and acknowledges that what people need to thrive varies from person to person. [Here is one way to visualize it.](#)

**Q: As more clubs and districts work to set up specific committees to work on DEI, what advice do you have for them?**

Dr. Jenkins: Don't shy away from having hard conversations, but make sure you are able to answer these two questions: 1) Whom will this conversation benefit? 2) What are we looking to accomplish? We all come to this work and efforts differently, so we need to create spaces to listen and ask tough questions around representation, culture, systems, policies, programs, etc., while avoiding the tendency toward shame and blame, or debate versus dialogue. I have learned to practice curiosity with compassion related to different views and perspectives looking to understand. The more we practice these conversations, the better we will become.

**Q: How optimistic are you for the future of diversity, equity, and inclusion within Rotary?**

Dr. Jenkins: Hope is all we have, and it is part of why I believe Rotary is ready to do the work. Rotary gives hope every day in communities around the world. Also, this work and commitment is not always meant to be exhausting. Yes, you will have challenging times, conversations, and people you may come in contact with. However, I have seen in my profession, that small changes in the DEI work can make a big difference and you should celebrate the small wins. COVID-19 has taught us many lessons around gratitude and so much more, so don't forget to smile and enjoy the process of doing the right thing!

Learn more about [Rotary's Diversity, Equity, and Inclusion statement](#) and meet [other members of the task force.](#)

## MEMBER'S PAGE



### PP Chris Faelnar

Past President  
Rotary Club of Baguio

## Teaching and Humiliation



An old man meets a young man who asks:

"Do you remember me?"

And the old man says no. Then the young man tells him he was his student, And the teacher asks:

"What do you do, what do you do in life?"

The young man answers:

"Well, I became a teacher."

"Ah, how good, like me?" Asks the old man.

"Well, yes. In fact, I became a teacher because you inspired me to be like you."

The old man, curious, asks the young man at what time he decided to become a teacher. And the young man tells him the following story:

"One day, a friend of mine, also a student, came in with a nice new watch, and I decided I wanted it.

I stole it, I took it out of his pocket.

Shortly after, my friend noticed the his watch was missing and immediately complained to our teacher, who was you.

Then you addressed the class saying, 'This student's watch was stolen during classes today. Whoever stole

it, please return it.'

I didn't give it back because I didn't want to.

You closed the door and told us all to stand up and form a circle.

You were going to search our pockets one by one until the watch was found.

However, you told us to close our eyes, because you would only look for his watch if we all had our eyes closed.

We did as instructed.

You went from pocket to pocket, and when you went through my pocket, you found the watch and took it. You kept searching everyone's pockets, and when you were done you said 'open your eyes. We have the watch.'

You didn't tell on me and you never mentioned the episode. You never said who stole the watch either. That day you saved my dignity forever. It was the most shameful day of my life.

But this is also the day I decided not to become a thief, a bad person, etc. You never said anything, nor did you even scold me or take me aside to give me a moral lesson.

I received your message clearly.

Thanks to you, I understood what a real educator needs to do.

Do you remember this episode, professor?

The old professor answered, 'Yes, I remember the situation with the stolen watch, which I was looking for in everyone's pocket. I didn't remember you, because I also closed my eyes while looking.'

This is the essence of teaching:

If to correct you must humiliate; you don't know how to teach."

## MEMBER'S PAGE



### PP Veeh Balajo

Past President  
Rotary Club of Baguio

### Health Hints for People above age of 60

**A. Two things to check as often as you can:**

1. Your blood pressure
2. Your blood sugar

**B. Three things to reduce to the minimum on your food:**

1. Salt
2. Sugar
3. Starchy products

**C. Four things to increase in your food:**

1. Greens/Vegetables
2. Beans
3. Fruits
4. Nuts/Protein

**D. Three things you need to forget:**

1. Your age
2. Your past
3. Your grievances

**E. Four things you must have, no matter how weak or how strong you are:**

1. Friends who truly love you,
2. Caring family,
3. Positive thoughts,
4. A warm home

**F. Five things you need to do to stay healthy:**

1. Fasting

2. Smiling / Laughing
3. Trek / Exercise
4. Reduce your weight
5. Voluntary work

**G. Six things you don't have to do:**

1. Don't wait till you are hungry to eat
2. Don't wait till you are thirsty to drink
3. Don't wait till you are sleepy to sleep
4. Don't wait till you feel tired to rest
5. Don't wait till you get sick to go for medical check-ups otherwise you will only regret later in life
6. Don't wait till you have problem before you pray to your God.

I like to share because it's good for all. Take care of yourself and please forward to all seniors. God bless!



# ANNOUNCEMENT

## Rotary Presidential Conference - Manila : Experience only the Best

Rotary   **PRESIDENTIAL CONFERENCE MANILA**

ROTARY'S PREMIER LEADERSHIP CONFERENCE FOR ASIA PACIFIC IN 2021

# REGISTER NOW!

**PROMO RATE OF USD 20 PER DELEGATE FOR THE FIRST 6,000 DELEGATES!**  
REGULAR RATE: USD 28 FOR ALL OTHER DELEGATES

FOR TICKET ENQUIRIES: [ENQUIRIES@RPC21.PH](mailto:ENQUIRIES@RPC21.PH)

**NOVEMBER 26, 27, 28** For more information, visit [RPC21.PH](http://RPC21.PH)

## WE WILL ZOOM IN ON 2 OUT OF ROTARY INTERNATIONAL'S 7 FOCUS AREAS



**GROWING LOCAL ECONOMIES**      **PROTECTING THE ENVIRONMENT**

Rotary's other areas of focus:



Photo credit: RC Greater Mandaluyong, RC Mandaluyong

Discover these focus areas in a new and unique light as we look at them through these 4 lenses

**BUSINESS**    **ENVIRONMENT**    **SUSTAINABILITY**    **TECHNOLOGY**




**NOVEMBER 26, 27, 28** For more information, visit [RPC21.PH](http://RPC21.PH)

## LEARN NEW WAYS IN HELPING FAMILIES & ENTIRE COMMUNITIES OUT OF POVERTY

Which approach is the most inclusive and sustainable?  
Which one is the most effective and efficient?  
How can we accelerate it?



Photo credit: RC Greater Mandaluyong, RC Mandaluyong

Rotary   **PRESIDENTIAL CONFERENCE MANILA**

ROTARY'S PREMIER LEADERSHIP CONFERENCE FOR ASIA PACIFIC IN 2021

## GET TO KNOW RPC21'S KEY THEME & HIGHLIGHTED AREAS OF FOCUS

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## RPC MANILA'S OVERARCHING THEME IS

**GROWING LOCAL ECONOMIES** & **PROTECTING THE ENVIRONMENT**

TOWARDS **BEST** OUTCOMES

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## THE CAÑAO EMBLEM

Our Official Club Bulletin has been called The Cañao. "Cañao" (pronounced as kan-yau) is actually the local term for the dance during native feasts or celebrations in the highlands of the Cordilleras- in Northern Luzon of the Philippines.

This is depicted in our Cañao emblem which shows a number of human figures in deep concentration—absorbed in ritual dance.

The attention, focus, commitment and unity of the club's members is represented by the dancing figures—in celebration or expectation of a bountiful harvest; much as we actually do—in anticipation of the joy derived from public service to the community—always coupled with fellowship. Hence, the sub-title of "A Celebration of Service."



# Rotary Club of Baguio

## THE RCB LOGO

The Rotary Club of Baguio (RCB) was chartered on 21 February 1938. The 4,587th member of Rotary International and the oldest club organized North of Manila; the 6th chartered Rotary Club in the entire Philippines.

Our over-simplified club logo (red) is a composite of the letters r, c & B; this is symbolic of the club's straightforwardness. Over-all cardioid-heart shape connotes that our members serve from the heart. The four basic elements (four quadrants— now 3D bevelled) are symbolic of Rotary's Four-Way Test and the members' commitment to it. Our charter year of 1938 is used as the mid-focal point of the logo, to emphasize our early beginnings and continuing dedication to

*Service Above Self.*



## SERVE TO CHANGE LIVES



Baguio City, Philippines

R.I. District 3790, Club No. 16863  
Chartered on 21 February 1938

CP No.: 0998-572-0351 (Pres. Arnel)  
CP No.: 0917-501-1968 (Sec. Cora)  
E-mail: [RCBaguio1938@gmail.com](mailto:RCBaguio1938@gmail.com)  
Facebook: [@rotaryclubbaguio](https://www.facebook.com/@rotaryclubbaguio)

The Rotary Club of Baguio meets every Saturday at 12:30 to 2:30 pm.

## Sec/EIC Maria Corazon Ocampo

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